

# Get Relief from Chronic Mold Nasal Allergies, Fungal Sinusitis Infection: The Antibiotic & Antihistaminic Trap

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Did you know that your sinus infection is probably a reaction to a mold allergy? Seventy percent of all chronic sinusitis cases are in fact related to mold inhalation. Did you also know that antihistamines do not work on **mold allergies**? This is probably a big part of why you can't seem to find [relief from chronic sinusitis](#).

For most people the body reacts to pollen and other seasonal antigens by causing an *IgE antibody* to be produced. This antibody causes mast cells to release histamine; which increases the permeability of blood vessels so that white blood cells and antibodies can migrate through the vessel wall causing the escape of fluid into the space outside the cells. This fluid then causes swelling and pain in the face and sinus lining. Antihistamines are drugs that block the mast cells from secreting histamine, thus preventing the fluid from causing pain and swelling in the sinuses. Only 30% of chronic sinusitis cases are caused by the IgE reaction to common allergens.

With [mold allergies](#), you should know that not every person is susceptible which is why often only one person out of several living in a moldy environment will show symptoms of a sinus infection. People who are susceptible to mold allergies have a genetic defect in their T-cell (white blood cell) receptor sites, often called beta variable sites. This defect allows mold spores and some bacteria, like Staph, to attach directly to the T-cell. This causes an immune response that is **3,000 times greater** than the normal response of only 0.01% of the body's T-cells.

So, unlike the IgE reaction, the mold antigen does not cause the histamine release. Instead, for those who are susceptible, their T-cells secrete three inflammatory chemicals called *cytokines*. They circulate throughout the body causing an immune reaction that creates the sinusitis. The body also reacts with a number of systemic (whole body) symptoms such as: muscle and joint pain, fibromyalgia, fatigue, bloating, gas, diarrhea, memory and concentration problems, vessel inflammation, dizziness, headaches, and many others.

In addition, one of the three cytokines, called *Interleukin*, causes inflammation and often the rupture of white blood cells called *eosinophils*. When eosinophil cells rupture they release caustic proteins to kill the mold and, unfortunately these caustic proteins burn pits into the sinus lining. The pits become a trap for bacteria which causes infection, pain, and swelling in the sinuses. The pitting keeps the conditions ripe for the immediate return of the infection. Antibiotics that prevent fluid build-up do not treat the condition that causes the pitting, they merely provide a temporary relief.

If you have been treating your Sinusitis with antihistamines and antibiotics but do not get lasting relief; it is likely you are using the wrong treatment protocol for the problem you have. The only way to eliminate the sinusitis is to remove the mold from your body and environmental air. Without these important steps virtually no medical treatment is effective long term. Remember, for people who are susceptible to mold allergies it only takes a small load of mold spores in the air to create a big problem.

If you would like to learn more on how to rid yourself of your mold problem or take a free evaluation, please visit us at [www.sinusitiswellness.com](http://www.sinusitiswellness.com).